

Spinach smart

SPINACH FUN FACTS

- Spinach belongs to the goosefoot family along with beets and Swiss chard.
- Fresh spinach is available year-round.
- Spinach grows quickly. It can be harvested and eaten after only 37 to 45 days!
- California and Texas produce the most spinach in the United States. Spinach likes to grow best during the cool winter months.
- The whole spinach plant is picked during harvesting.
- Spinach is an excellent source of many vitamins and minerals, especially folic acid.



Did you know... that leafy vegetables, such as spinach, contain more vitamins and minerals and less calories than other vegetables.

Nutrition Facts

Serving Size = 1 cup, raw

Calories	7
Fat	0 g
Fiber	1 g
Vit. C	8 mg
Vit. A	1010 IU
Folic Acid	58 µg

Types of Spinach

There are three basic types of spinach. They are classified by leaf type.

Savoy:

- Has crinkly, curly leaves that are dark green in color.
- Usually sold in fresh bunches at the grocery store.
- Good for tossing with your favorite salad.

Flat or smooth-leaf:

- Has unwrinkled spade-shaped leaves.
- Usually sold as canned or frozen spinach.

Semi-savoy:

- Has slightly crinkled leaves.
- Sold fresh but also used for processing (canned or frozen).